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AL. KRYWOLT
COLEMAN, ALTA.

The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

VOLUME 35 - No. 9 The Journal - Coleman, Alberta Wed., March 5, 1969 single copy 10c

Leslie Owen
DRY GOODS
Ladies' and Men's
Wear
Across from Central School

School Board Forms Committees

John Salus of Coleman was named chairman of the Crows Nest Pass School Division No. 63 Board of Trustees at the monthly meeting. Grant Hall of Blairmore was named vice-chairman, and Alex Wells was appointed auditor for the coming year.

Named to the Works and Building committee for sub-division 1, Coleman, were John Salus, Lorraine Aiello and Nora Goulding; sub-division 2, Blairmore, John Lloyd and Grant Hall and for sub-division 3, Frank, Bellevue, Mohawk and Hillcrest, Joe Krywolt of Frank, and Veno Pozzi of Bellevue.

John Lloyd of Blairmore (chairman), Nora Goulding of Coleman and Joe Krywolt of Frank, were named to the Negotiating and the Grievance committee, and Mr. Lloyd was also appointed as delegate to the Lethbridge Junior College.

The board granted permission to the Isabelle Sellon school in Blairmore and the Horace Allen high school in Coleman to adopt the semester system starting next term.

Miss Jill Pollock of Edmonton was hired as a Home Economics teacher for next term.

Supt. William Ede of Coleman, secretary John Albizzati of Blairmore and trustee Veno Pozzi of Hillcrest, will attend an Alberta School Trustees' administration seminar to be held in Edmonton, April 1, 2 and 3.

Letters of thanks were forwarded to the Blairmore and Coleman Lions Clubs for their financial assistance towards special education classes in the local schools.

The board moved a vote of thanks to the principal, teachers and staff at the local school and to the Preventive Social Service for their participation and work in bringing the very successful Vocational Fair to being and also the Relation Between Sexes seminar.



NIAGARA SPARKLE — Niagara Falls during the winter months appears to have been conceived, especially for photographers. Spray freezing on nearby trees provides a backdrop for the American Falls. Free literature is available from Department INB of the Chambers of Commerce of Niagara Falls, Canada, and Niagara Falls, USA.

Appointed to Hospital Board

Melville "Mel" Cornett was appointed by the town of Coleman as Crows Nest Pass Municipal Hospital Board member to replace and complete the unexpired term of Stu Murdoch.

The hospital board agreed to assist financially a Crows Nest Pass Municipal Hospital nurse to attend a six-month course in cardio-vascular nursing, to be held at the University Hospital in Edmonton in the near future.

Board member William White of Bellevue and hospital administrator Ernie Luini, attended a meeting with the AHA in Edmonton in mid-February when boards were brought up to date on the progress being made on negotiations with the Canadian Union of Public Employees and the AHA.

Mr. Luini, Mr. White and Dr. Emil Aiello of Coleman, also attended an institute in Edmonton in February. The event dealt with improving communication between the medical staff, hospital board and hospital administration.

An institute for trustees is to be held in the Palliser Hotel in Calgary, March 5, 6 and 7, and it is expected some of the board members will avail themselves for this opportunity.

The institute is to familiarize new trustees with hospital procedure and operation and a continuing section is to be held for board members who have attended previous institutes.

Midgets Get Shut Out Games

For the past month the Crows Nest Pass Midgets have been having a rough road to hoe, filling out as replacements in the Southern Alberta Hockey League.

Continuous shellackings were difficult to swallow, but the experience gained by these youngsters seems to have come to the fore now that they have returned to their own category.

In the first round of the provincial playoffs, their desire and drive brought about two solid victories over Pincher Creek midgets. In Blairmore, led by Ron Hungar (five goals) and Langille (with three goals), the local speedsters blinked the red light for a total of 16, while goalie Pawluk shut out the opposition.

Other goal scorers were Petsuk, Robertson, (two each), Patterson, Dreja and Radford (one each).

Proving this was no fluke, the team took to the ice at Pincher Creek Sunday and trounced them 14 to 0. The big guns for the Crows Nest Pass were, Don Radford, who counted four goals, plus assisting on four others: Patterson, Hungar, Yanota, Langille with two each, while singles went to Pitt, Robertson and once again Pawluk blanked the Pincher Creek club and deserves special mention for two successful shutouts.

It will be a rematch against our boys this week-end in the second round. Come out and see some fast and pleasing hockey and the team really needs your support.

See you there.

Will Leave for Edmonton on Monday

Mayor John Holyk and Councillor Fred MacLeod, along with other delegates from the Passtowns will leave on Monday for Edmonton where they will meet the Hon. Gordon Taylor, Minister of Highways to discuss the possible relocation of Highway No. 3 through the Crowsnest Pass.

Alex Chalmers Laid To Rest

CHALMERS — Alex, of Coleman, passed away in the Crows Nest Pass Hospital on Saturday, February 15, 1969, at age 68 years.

He was born in Sherwood Cottage county Edinburgh, Scotland, on September 9, 1900 and came to Canada at an early age, settling in Coleman, where he has resided since.

He served with the Canadian Army from 1940 to 1945 in England and Europe.

He was a member of the Canadian Legion. He was predeceased by a brother James in Calgary, and his parents, in Coleman.

Survivors include his wife Dorothy of Calgary; three sons, Jim of Victoria, Jack of Edmonton, and Garry of Calgary; a daughter, Mrs. W. (Sandra) Nelson of Calgary; five grandchildren.

Funeral service was held in Fantin's Coleman Chapel at 11 a.m. Thursday, February 20 with Minister Peter Walker officiating. Interment in the Coleman Union cemetery. Fantin Chapels Ltd. in charge.

Palbearers were all members of the Canadian Legion, Coleman and included Stan Tarabula, Steve Paskusid, Bert Urch, Fred Hare, John Stonichy and Robert Langille.

Legion To Re-open

Coleman Branch No. 9 Royal Canadian Legion at general meeting February 23rd, voted in favor of re-opening the Coleman club beverage rooms.

Results of the vote taken showed 72 in favor of re-opening, three against and one spoiled ballot.

Second vice-president Bert Urch presented plans and estimates that are required to remodel and upgrade and bring the club up to the requirements set out by the Fire Commissioners office and the Alberta Liquor Control Board.

Cost will be in the vicinity of \$6,000.

Coleman Old-timer Passes Feb. 18

SAPETA — Albert, passed away in the Crows Nest Pass Municipal Hospital on Tuesday, February 18, 1969, at the age of 87 years.

He was born in Radachow, Poland, on July 2, 1882, and came to Canada, settling in Coleman in 1906 where he has resided since.

He married the former Victoria Mika in Poland in 1906.

Mr. Sapeta was a skilled and enterprising operator of the Bowling and Billiards for over 40 years. Another hobby was taxidermy.

He was predeceased by a daughter Jennie in Coleman; three infant children in Coleman, a brother in Lundbreck and his parents in Poland.

Survivors include his wife; four daughters, Mrs. J. (Alice) Williams of Coleman, Mrs. S. (Helen) Newton of Lethbridge, Mrs. S. (Carrie) Radford of Calgary, and Mrs. A. (Violet) Gadd of North Burnaby, B. C.; two sons, Karl of Coleman, Joe of North Burnaby, B. C.; nine grandchildren and five great grandchildren.

Prayers were said in Fantin's Coleman Chapel on Thursday at 7:30 p.m. Requiem Mass was celebrated in the Holy Ghost Catholic Church in Coleman at 2 p.m. on Friday, February 21 with the Rev. Walter Krawski, celebrant.

Interment followed in the Holy Ghost Catholic cemetery and the pallbearers were Roy Johnson, Jim Radford, Edward Sapeta, James Williams, Duane Radford and James Kerr.

Mrs. F. Smith Laid To Rest

SMITH — Mabel Ellen Elizabeth (Neale) of Coleman, passed away in a Calgary hospital on Friday, February 14, 1969, at age 65 years.

She was born in London, England, on May 31, 1883, and came to Coleman in 1907 and lived there until her marriage to Frederick Smith in Coleman in 1908.

The couple moved to Bellevue in 1910 and a year later to Commerce, Alberta, and after a short stay, moved to Coalhurst, where they lived for 15 years. They then moved to Hillcrest where they resided for 12 years; then to Coleman in 1942, where they resided since.

Survivors include her husband Fred of Coleman; one daughter, Mrs. George (Ellen) Green of Victoria; two grandsons and one great grandson.

Funeral services were held in Fantin's Coleman Chapel at 2:00 p.m. Wednesday, February 19th, with E. C. Bryant of Pincher Creek officiating.

Interment, Coleman Union cemetery. Fantin Chapels Ltd. was in charge.

Palbearers were Robert Smith, Robert Morris, Leslie Smith, Andrew Sherman, George Dibblee, Robert Peters.

C. N. P. Festival Adjudicator Selected

Confirmation has been received by the Blairmore Lions Club that Dr. Robert Stangeland of Edmonton will adjudicate the Crows Nest Pass Music Festival to be held in the Isabelle Sellon high school auditorium, Blairmore on March 31, April 1 and 2.

The event is sponsored by the Lions Club.

Dr. Stangeland was born in Chicago, Illinois, and had his early musical training at the American Conservatory of Music. His later musical education was done at Miami University, Oxford, Ohio, and the Eastman School of Music, Rochester, New York. He has studied with pianists including Robert Goldsand, Eugene List, Sander Vas and Cecil Gernhart. He holds the Doctor of Arts Degree in Performance and Pedagogy and the Performer's certificate in Piano from the Eastman School.

Robert Stangeland has appeared frequently as recitalist, chamber musician, accompanist and soloist with orchestra in both the United States and Canada. He is frequently heard in joint recital with his wife, Elizabeth, a soprano.

He is regular recitalist for CBC radio and television and is also heard frequently on the CTV network and radio station CKUA.

Orchestral appearances include the Edmonton Symphony, the CBC Winnipeg Symphony, the Regina Symphony, Eastman - Rochester Symphony, and the Denver Symphony Orchestra. He has appeared under such conductors as Arthur Fiedler, John Avison and Saul Caston.

He joined the staff of the University of Alberta in 1959 and is at present Associate Professor of Music and Chairman of the Piano Division. He teaches Piano, Piano Literature and Pedagogy, and Chamber Music, and administers the new Master of Music Program at the University.

The entire Stangeland family recently became Canadian citizens.

Preventive Pointers

Recently some 30 of Blairmore's Senior Citizens gathered in the Elks hall, for an enjoyable afternoon social. Old acquaintances were renewed and a few exciting games of crib and rummy were participated in. Mrs. Wolstenholme proved herself to be the most creative hat designer. Her newspaper and pin Paris hat, as modeled by Gus Erickson, won the acclaim of all of the judges.

Muriel Wal, Mildred Rae, Barbara Broosky and Kay Longworth of the United Church C.O.S., provided an appetizing lunch for all present.

Our Recreation Director, Arnie Habelter led a brief sing-song of some of the old favorites, and a general discussion about the holding of future similar afternoons completed the program.

General consensus seemed to be that we should have more programs of this type on a regular basis, and it was felt that the senior citizens themselves should take his initiative in organizing future activities.

It was mentioned that such programs would be open to anyone who wanted to participate, regardless of age. The meeting ended with the decision to hold another such afternoon in one month's time, to be organized jointly by a committee of those attending along with the help of Arnie Habelter and Harold Coward.

Similar social afternoons will take place in the very near future in both Coleman and Bellevue. Any senior citizens in these communities, who would be interested in helping to plan and organize such programs, are asked to contact either Arnie Habelter at 563-2633 or Harold Coward at 564-4881.

"Accentuate the Positive to Eliminate the Negative"

The Red Cross holds more than 5,000 blood donor clinics every year in order to collect the blood needed by patients in Canadian hospitals.

Achille Cornez Passes In Calgary

CORNEZ — February 26, 1969, Achille, age 73 years, beloved husband of Mrs. Louise Cornez, 2005, 33rd St. S. E., Calgary, formerly of Coleman, Alberta, passed away at the Col. Belcher Hospital, Calgary, following a brief illness.

Mr. Cornez is also survived by two daughters, Mrs. Marcel (Dorothy) Fauville, North Surrey, B.C. and Mrs. Albert (Marguerite) Avello, Sidney, B. C.; two sons, Andrew and Raymond, Calgary; 14 grandchildren and six great grandchildren.

Born at Hornu, Province of Hainaut, Belgium, he came to Canada in 1903 to Coleman, and farmed at Cowley from 1919 to 1929, when he returned to Coleman and was engaged in mining until retiring in 1956.

He came to Calgary in 1966, residing at Calgary since.

He was a veteran of the First World War, having served with the Belgian forces.

Mr. Cornez was a member of the United Mine Workers of America, life member of Elks BPOE No. 117 and Royal Canadian Legion No. 9 at Coleman.

Services at Leyden's "Chapel of Remembrance", Calgary, Saturday, 1:30 p.m. Rev. Robert Shannon officiating.

Interment in Queen's Park cemetery. Courtesy parking north of the Chapel.

Southern Alberta Sub-conference Of Postmasters

The executive of the Southern zone of the Alberta branch of the Canadian Postmasters' Association recently held their regular meeting at the home of Terry Cairns, Postmaster, Granum. This meeting was called specifically to make

Arrangements for the forthcoming Southern Alberta Sub Conference of their Association.

This fifth annual Sub Conference will be held in Lethbridge at the Marquis Hotel on April 12 and 13. Beginning Saturday at 7:30 p.m. with a social evening. The meeting is to begin at 10:30 a.m. Sunday. The conference promises to be as interesting and informative as in the past and all postmasters, full-time and part-time assistants and their wives or husbands, are expected to be in attendance.

Many good speakers such as the Dominion president, the Alberta president and zone representatives will be on hand to answer the numerous questions about the Certification of the Association to be their bargaining agent, the new Constitution and Grievance Procedure. It is also expected that some personnel from the District Office of Postal Service will be on hand for a question period.

Rev. W. Krewski Is Transferred

Bishop P. J. O'Brien of Calgary has made the following appointments in the Crows Nest Pass area to be effective as of March 8.

Rev. Walter Krewski of the Holy Ghost Parish in Coleman will go to Bowness and will be replaced here by Rev. John Polardy of Raymond.

Rev. David Andrews of St. Anne's Parish in Blairmore has been transferred to Camrose and will be replaced here by Rev. James Hagel of Tillam.

Rev. Lucien Robert of St. Cyril's Parish in Bellevue, Hillcrest has been transferred to the Raymond Parish.

Two priests will now look after the needs of the three Crows Nest Pass Parishes.

The Red Cross needs over 30,000 donations of blood every working day in order to meet the needs of patients in Canadian hospitals.

COLEMAN ELKS CASH and PRIZE

BINGO

IN THE
Elks' Hall, Coleman
ON
Fri., Mar. 7th

AT 8 p.m. SHARP

Admission - 12 Games - \$1.00

BONUS CARDS 25c

PRIZES

\$100.00 Jackpot in 57 Numbers
or less. If not won to up \$10.00 each Bingo Night

\$10.00 Extra Card Bingo

Winner to receive \$2.00 extra for each extra card he holds

\$50.00 Cash Bingo to Go

\$50.00 Cash Bingo in 57 Nos.

If not won in 57 Nos. prize money will decrease \$5.00
each extra call until won.

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Fun!

BINGO

IN THE
Coleman Elks' Hall

ON

Wed., March 12th

At 8.00 p.m. sharp

Admission - 17 Games - \$1.00

Bonus Cards 25c

\$100 Jackpot in 75 Nos.

OR LESS

5 Prizes of \$12 and 5 Prizes of \$10

and

\$30.00 Bingo in 7 Numbers or Less

and

Five 20 lb. EASTER TURKEYS

THE COLEMAN JOURNAL

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A.G.T. Have Record Year In 1968

Nineteen sixty-eight was a record year for Alberta Government Telephones in many ways. A total of \$59.8 million was spent on construction to improve and expand the province-wide network.

Of this amount, \$9.6 million went to continue the Rural Buried Cable Program. 7,010 miles of wire and cable were put underground in 36 areas, bringing the total now buried to 32,710 miles.

New exchange and telephone equipment accounted for \$13.4 million. Three new telephone exchanges were put into service at High Level, Rainbow Lake and Elbow Park in Calgary. These new facilities were required to replace the existing exchanges that had become overloaded because of the growth in the area.

A total of 44 areas were converted to dial telephone service in 1968 ending a 7-year program that started in 1961. Outside of the cities, only 49 areas had dial service in 1961. AGT engineers planned a 7-year program that would modernize telephone service in 167 districts in the province. On December 1st, the Gadsby district was put into service completing the extremely ambitious program on schedule.

Additions and improvements to long distance facilities cost \$12.6 million and saw new co-axial cable routes put into service between Edmonton and Jasper, Calgary to Banff, and Lethbridge to Coutts. Microwave facilities were constructed between Athabasca and Slave Lake, Watt Mountain and Rainbow Lake. A route from Grande Prairie to Edson, approximately following the Resources Railway, was started and will go into service in 1969. Because of high rise construction in Edmonton that would block existing microwave routes, AGT installed the largest co-axial cable ever used in the province from Sherwood Park to downtown Edmonton. The 19-tube cable is presently carrying telephone traffic and television to Vegreville and Lloydminster.

Construction began in 1968 in Edmonton on the 33-storey AGT head office building and also a new toll building located at the corner of 102nd avenue and 100th street. Although only 12 storeys, the new building will be equivalent to a 20-storey office building because of the space required by equipment, and will supply Edmonton and the surrounding area with increased modern long distance facilities.

Forecasts for 1969 show that AGT is on the way to spending the highest amount for construction in its history. \$64.2 million has been budgeted to meet the increasing demands for communications services.

A total of \$13.4 million will be spent increasing switching equipment into telephone exchanges.

Four new community dial offices will go into service, a new exchange in Huntington Hills in Calgary will be opened and the Canadian Forces Switching Network is scheduled to be put to use this year. In addition \$6.3 million will be spent on dial additions covering 33 locations. When the new telephone exchange in Drumheller goes into service this year, residents of that area will not only have new and modern telephones, but the convenience of Direct Distance Dialing.

The Outside Rural Program for 1969 will cost 8.7 million dollars, and will bring four-party service to 31 new areas in the province. 5,800 miles of wire and cable will be buried. \$1,260,000 of \$6.9 million for Outside Plant exchange is for trunk relief cable between Calgary offices.

Included in the \$5.6 million allotted for toll facilities is the Alberta link in the second Trans-Canada microwave route from Bear Mountain to Peace River and Wide Band Data Facilities at Calgary.

The start of the new Head Office building accounts for 4.7 million dollars in the 1969 budget for construction and \$3.5 million for new Toll Building which is scheduled for completion in 1970.

Report From Parliament Hill

Finance Minister Benson had some good news on January 30th

for those many people who had expressed concern over the Estate Tax Act changes as proposed in the Budget of October 22.

The good news came as Mr. Benson tabled in the House of Commons a notice of motion preceding a Bill to amend the Estate Tax Act and the provisions of the Income Tax Act dealing with gift tax.

Most of the motion is identical to the October 22, 1968, budget resolutions but there are some modifications.

The budget proposed to exempt from tax outright gifts and bequests from husband to wife and wife to husband. It also proposed to increase the estate tax exemptions for young children and to provide exemptions for older children. To offset revenue losses from these broader exemptions, the estate and gift tax rates were to be increased.

The modifications to the October proposals reflect the Government's response to representations made by Canadians to the Minister, both directly and through their Members of Parliament.

Many constituents had written me regarding their views on the possible effects of the October 22 proposals. Indeed, I am sure that it is a rare Member of Parliament who did not receive a complaint or more about the proposals. These complaints were brought to the attention of the Minister by Members at the Government Caucus and during special meetings with the Minister held for that purpose.

The result is legislation which is much more acceptable.

The changes provide for restoration of the rule that estate tax will not be payable by estates of \$50,000 or less; for the right to pay estate taxes in instalments at the option of the taxpayer; for the right to use the old estate tax exemptions until July 31, 1969, if they are larger than the new exemptions, and for application of the \$2,000 gift tax exemption to gifts to certain trusts.

Estates of \$50,000 or less will not be taxed. This restores a provision of the Estate Tax Act prior to October 22, 1968, and replaces the budget's proposal that estates of \$20,000 or under would not be taxed.

This will mean, for example, that a small estate left by a brother to his sister, or by a grandfather to his grandchildren, will not be subject to estate tax.

The provision will not affect large estates.

A new provision permits payment of estate taxes in up to six annual instalments. Interest will be charged on deferred amounts at a rate to be set by regulation. Under the old provision, the Minister of National Revenue had the power to postpone payment in cases of hardship. This provision will remain but the new provision will make instalments available as a matter of right.

There are other beneficial modifications, too numerous to discuss here. All in all, a more reasonable situation will now prevail insofar as Estate Tax is concerned.

"You cannot build character and courage by taking away man's initiative and independence. You cannot help men permanently by doing for them what they can and should do for themselves."

—Abraham Lincoln.



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COLEMAN JOURNAL

Town of Coleman NOTICE Dog Owners

DOG LICENSES have now been in effect since January 1st, 1969. Deadline for a license is March 31st, 1969.

Any dog caught on the street without a license, will be destroyed. Any dog caught on the street with a license will be impounded.

FEES ARE AS FOLLOWS:

Police Dog - Male	\$ 5.00
Police Dog - Female	10.00
Other Dogs - Male	2.00
Other Dogs - Female	4.00

Dog licenses can be purchased at the Town Office during office hours.

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Nancy Greene New Chairman Of MD Campaign

TORONTO — Mr. J. J. C. Evans, president of The Muscular Dystrophy Association of Canada, announced recently that world champion skier Nancy Greene would act as honorary campaign chairman for MDAC's 1969 March for Muscular Dystrophy.

"Miss Greene commands the admiration of Canada's young people," said Mr. Evans, "and her participation in the struggle to conquer MD will do wonders for the morale of the many boys and girls who suffer from this crippling disease. Her serious concern for the physical fitness of Canadian youth, especially our amateur athletes, was underlined when Prime Minister Trudeau asked her to head up a federal government task force on sports."

The Muscular Dystrophy Association of Canada was formed in 1954 to combat a genetic disease that had hitherto been largely neglected by medical science, and which in its most prevalent form is lethal. Over the past five years a number of salient breakthroughs in the field of genetics (the most recent being the synthesis last month of the enzyme ribonuclease) has given renewed impetus to those seeking a successful treatment for MD and other genetic diseases such as haemophilia, diabetes and certain forms of anemia and mental retardation.

Dangerous Fire Stunts

(By A. E. Bridges, Alberta Fire Commissioner)

I have seen some pretty daring stunts in my life but they are not all done in a circus tent. Just consider the hair-raising risk of this latest chancy stunt.

Just the other day a ski-doo operator thought he would get better starting performance if he heated up the fuel in the house before filling his ski-doo fuel tank. As he was engaged in this he spilled some of the fluid. The fumes of the fluid ignited from the heater pilot light. The house was completely destroyed and he ended up in hospital with critical burns. Of course, he could have blown himself to eternity.

A chain smoker always carries a torch. He can set fire to his clothes, paper, furniture, rugs, bedding and forests. But in order for any careless smoker to take the supreme risk, all he has to do is to lie down to rest while he is smoking a cigarette. The results can often cause the most deadly stunt of all, that is death by suffocation without causing much of a fire.

I seek every opportunity to discourage these highly dangerous practices and I am looking for more and better ways to communicate the need for more widespread knowledge about the true facts of these foolish practices or daring stunts which cause a needless loss of life.

Cold Vaccines A Problem

Vaccines are designed to prevent, not to cure, illness. The Canadian Medical Association reminds readers:

There are more than 100 known viruses or other germs, any one of which may cause a cold. More types of viruses and germs are being identified every year.

A vaccine prepared against one of these germs, might stimulate the body to manufacture antibodies that would prevent him from getting a cold caused by that one germ. BUT it won't protect him from the other 99. Another problem is that immunity thus created is not permanent, it generally lasts only a few weeks or months.

There are on the market the so-called polyvalent vaccines, which are a mixture of several of the most common known causes. However, the person who has received this vaccine is protected only temporarily from some of the common germs known to cause colds.

Remembering these limitations, it is recommended that persons with chronic chest conditions, such as chronic bronchitis, emphysema, or any chronic ailment, that might be aggravated by a cold, ask their doctor about cold vaccines.

Statistics show that in industry, time lost due to colds can be substantially reduced if all personnel receive polyvalent cold vaccine during the autumn.

In summary, the C.M.A. advises that not all colds can be prevented through the use of vaccines — but the vaccines do help and are advisable for some groups of people.

Attention Mothers! THE CHINOOK HEALTH UNIT Will hold a Well-Baby & Pre-School Clinic

ON	AT	IN	FROM
March 6 LUNDBRECK		Anglican Parish Hall	1:30-3:30 p.m.
March 11 COLEMAN		United Church Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.
March 13 BLAIRMORE		Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.
March 14 HILLCREST		Credit Union Office	10:30-11:30 a.m.
March 14 BELLEVUE		Town Hall	1:30-3:30 p.m.

— FLUORIDE TABLETS AVAILABLE UPON REQUEST —

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*An in-car heater is a little convenience
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The temperature may be several degrees "below". But you're ready to go! With a small, convenient electric car heater, your car is comfortable and warm — like the house you just left. No need to turn on the engine ahead of time, before you're ready to leave! No windshield scraping to provide safe-driving vision. Having the convenience of an electric in-car heater is like putting a chinook in your car!

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SUBMISSIONS REQUESTED

The Committee for Rewriting of The School Act established by the Department of Education requests submissions regarding desirable changes in the Act from interested persons and organizations throughout the Province. Briefs should be received by March 30 and should be directed to:

Committee for Rewriting of The School Act
Department of Education
EDMONTON, Alberta



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advertising helps
good things happen

Hear Ye! Hear Ye! Notice to all employers.

The Canada Department of Manpower and Immigration has implemented a wide variety of programs for the effective utilization of manpower to ensure that Canada's human resources measure up to the needs of the economy. Many of these programs are specifically designed to assist employers meet the challenge of technological and economic change.

Services available to employers through your local Canada Manpower Centre include: **LABOUR MARKET INFORMATION**—the Department collects, analyses and distributes up-to-date information on the geographical, occupational and industrial requirements of the labour market. It also prepares employment forecasts, manpower profiles, and regional and area reports on manpower conditions.

MANPOWER MOBILITY—is designed to enable workers to move to areas of demand by providing exploratory, relocation and training

travel grants. **TRAINING IN INDUSTRY**—this service is available to employers who are willing to institute a full or part-time job retraining program providing they wish to train their employees in skills which are of use to the employers, but are also transferable in the event the employee changes jobs. **MANPOWER ADJUSTMENT SERVICE**—is designed specifically to cope with adjustment problems arising from manpower dislocations. This service brings labour and management together for joint consultation. It provides technical, consultative and financial assistance to management and labour to assist in the development of constructive solutions. **MANPOWER DEVELOPMENT**—assists employers to meet their manpower needs due to technical changes or planned expansion.

For more information about these and the many other services available to employers, contact your local Canada Manpower Centre.



**Canada Manpower
Centre**

Department of Manpower and Immigration
The Hon. Allan J. MacEachen, Minister

And all you
thought we did
was operate
an employment
service!



March Is Red Cross Month

"When you care enough to send the very best" is the well known slogan of a greeting card company. With a slight change in wording, this could be the slogan of the Red Cross. Certainly the volunteers of the Canadian Red Cross Society amply demonstrate that "they care enough to give their best" by the generous contribution of their time and talents to help those in less fortunate circumstances. Volunteer workers are the backbone of any non-profit organization and it is obvious that this is true of the Canadian Red Cross Society since over 90 per cent of its work is carried on by volunteers.

These dedicated men and women, of all ages and from all walks of life, have a deep concern for anyone who is suffering or who is in need. They believe that neighbor should help neighbor whether he lives next door or thousands of miles away in another country.

The activities of these Red Cross volunteers range from community service to international assistance. Whether it be giving blood, visiting a lonely hospitalized veteran, caring for children while the mother is ill in bed, making clothing and bedding for disaster victims, or raising money for self-help programs in the developing countries or here at home, they are content in the knowledge that through their efforts they have given help and hope to someone.

It is good to know that despite the evidence all around us of man's inhumanity to man, there are people of compassion and understanding who believe that they have a responsibility to clothe the naked, feed the hungry and comfort the sick.

March is Red Cross Month in Canada and this year the Canadian Red Cross Society is celebrating its Diamond Jubilee. Its

record of achievement over the past 60 years clearly testifies to the public spirited generosity of its volunteers. We salute these men and women of this community and this nation whose humanitarian principles are expressed in social action.

"Support the Red Cross with your dollars. Give generously so that the Canadian Red Cross may carry on its work of people helping people".

Elks Name Bingo Winners

Mrs. Newson of Michel was the winner of the \$190 at the Elks bingo night.

Other winners were: Cannister set, John McNaughton, \$10, Clarence Clarke; \$22, Mrs. Routhead; \$10 split by P. Nelson, G. Naegli.

Fry pan, Amy Larson, \$35 split by Freda Taje and E. Eiso; \$10 split by Amy Larson and Mrs. Balayewich. \$50, Mrs. Rinaldi; \$12, split by Minnie Lacroix, Mrs. S. Richards and Mrs. C. Jepson.

Watch, Anne Brunsak, \$10 split by Mrs. Hansen and Len Cote.

The next bingo March 7th will feature \$100 in 57 numbers; one \$50 to go, one \$50 reducing prize bingo and other games.

How To Treat Burns

TIPS FROM ST. JOHN AMBULANCE

Burns hurt — and sometimes they are serious. What do you do about a burn?

Most people slap on some greasy substance — butter or vasoline. Wrong, says St. John Ambulance. Where the skin has not been broken, immersion in cold water or the application of a cold wet cloth will relieve the pain.

Where the skin has been broken, infection is a hazard. Don't apply greasy substances. These remedies

have only slight value in reducing pain and greatly complicate later treatment.

For a serious burn remove or cut away clothing over the burned area but don't try to pull off clothing which is stuck. Cover the burned area with a clean dressing and bandage securely. If medical aid is near, speed is more essential than perfect bandaging.

In the case of burns by corrosive chemicals, flood the part thoroughly with water and apply normal treatment for burns.

Whiplash Injury

Whiplash is a descriptive term used to describe the manner in which a neck injury occurs. The Canadian Medical Association reports that most whiplash injuries result from car accidents. In a rear-end collision the driver or passenger is pushed forward and then recoils backwards. The effect of this is felt mostly in the neck because it is the portion of the spine with the least support and the most movement.

Soon after such an accident the patient complains of pain and stiffness in the neck, often with accompanying headache. Although a more serious injury such as fracture or damage to a disc may occur, most whiplashes only result in damage to the muscles and ligaments in the neck. Simple measures such as heat, rest and drugs to relieve the pain and muscle spasm are usually all the treatment that is necessary. The symptoms often subside in a few days, nearly always in a week or two.

In some patients, the C.M.A. says, the neck pain and headache continues for much longer periods. This may be due partly to the emotional stress resulting from the accident, or the subsequent legal action. These patients frequently wear a collar to support the neck, and receive extensive physiotherapy treatments.

DEBBIE AND FRIEND



A very small girl makes friends with a very big dog. The girl, Debbie Lori Kaye, starred in her own Show of the Week special, Hey Little One, on CBC-TV, Monday, December 30. Debbie also is a featured vocalist on CBC's Tommy Hunter Show seen Sundays.

FOR SALE

Sealed tenders will be accepted by the undersigned until 4:00 p.m. Friday, March 14th, 1969, for a three bedroom house located in Coleman, on 5th Street, lot 6, block 34.

The highest or any tender not necessarily accepted.

Secretary Treasurer,
Crownsnest Pass S. D. No. 36,
Phone 562-2588

WE PRINT

Wedding Invitations

Call in and see our Samples

Wedding Cake Boxes For Sale

The Coleman Journal

Where would you be without your telephone?

Probably lost and relying
on daisy petals to tell you
whether or not he cares!
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the all-important sounds of
love, comfort, safety and security.
Just think how many times you
rely on your phone.

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MOTHER FATHER DRUGSTORE

LOVE PRIZES HOPE GOODNIGHT

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STORE HOURS 9 a.m. to 9 p.m., Monday through Saturday

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20% OFF

THESE ARE TERRIFIC VALUES

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HURRY FOR BEST CHOICE

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on Sale Merchandise

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Frank, Alta.

Let The Journal Handle Your Printing

The Homemaker



Miss Eileen Sullivan,
District Home Economist,
Clareholm, Alta, Phone 235-3242
Cardston Phone 663-3462
Pincher Creek
Phone 627-3130 or 627-4022

Some Sewing Tips:

1—When purchasing fabric always check on the fiber content and care, on the straightness of the grainline and for flaws in the weave or color.
2—Test the fabric for wrinkle resistance. Simply crumple a corner in your hand and squeeze for a couple of seconds. Release and look at the results. Consider what would happen if you had been sitting in it for several hours.
3—Test for stretch recovery by using the "Thumb Test". Place the fabric over the thumb. Push the thumb between the first and second fingers of the same hand so a bubble appears in the fabric. Release. If the bubble remains after 30 seconds you have a lazy fabric that will likely prove unsatisfactory.

4—When choosing a pattern get the correct size. If your measurements do not all correspond with those indicated on the pattern charts, try to get a good fit at the bust.

5—Pin the paper pattern pieces together and try it on. Correctly pin centre front and back (this will require some assistance). Note any alterations that are needed and make them on the pattern before cutting out fabric.

6—Before laying out your pattern for cutting, press the fabric (using correct temperature setting) and paper pattern pieces. Pins should be placed at right angles to the seamline, cutting should be done in the same direction as you sew — arrows on the seamlines are usually present to indicate this.

7—Follow the instructions that come with your pattern. You'd be surprised how much easier it is that way than just going ahead on your own and getting into a mess.
8—Clip and grade your seams to reduce bulk and give a better finish.

9—Understitching of the neck facing should not be omitted. Understitching is a row of stitching that is placed close to the edge of the facing and which catches the two trimmed seam allowances to the facing.

10—Gathering, as when you are setting in a sleeve, is easier if two rows of gathering stitches are used. If the fabric is one that will not show stitch marks, one row of gathering stitches may be placed just inside the 5/8" seam line. The other one is about half an inch from the cut edge. Ease carefully and pin well to avoid puckers. Remove all basting stitches when the sleeve is stitched to the bodice.

11—To reduce underarm bulk the seams may be trimmed from notch to notch under the arm. Leave about 1/4" and then overcast or zig-zag to prevent fraying.

12—When sewing on buttons start and end between two layers of fabric so the tail ends of the thread do not show. Use a suitable sized shank. To make a shank place a large needle, wooden match stick or some other appropriately sized object between the fabric and the button then sew the button on. Remove the match stick and wrap sewing thread around the threads between the fabric and the button.

Lions Name Bingo Winners

Marilyn Willetts of Sparwood was the lucky winner of the \$100 jackpot at the Lions bingo night.

Other winners include:
\$12 each, Mike Amatis, Doreen Hruby, Cliff Letcher and Jean Hansen.

\$10 each, Rea Pinell, Ed Nuttal, Mrs. Buckley and Mrs. R. Parry.
\$4 each, Ed Nuttal, Hilda Caroe, Ellen McDonald.
\$6 each, Ed Nuttal and Frances Cote.

\$3 each, Mrs. Ivan Johnson, Ellen McDonald, Irene Letcher, Teresa Newton.

\$5 each, Marilyn Willetts and Elizabeth Hurd.

The next bingo night on Wednesday, March 12th will feature \$100 to go, five \$12, five \$10, \$30 in seven numbers and five games for 20 pound Easter turkeys.

If you find life is empty, try putting something into it.

Card of Thanks

We would like to thank our many friends and neighbors for the many kindnesses shown to us in our recent sad bereavement. A special thanks to Mr. Peter Walker, the Coleman Legion and the Army Cadet Corps.

Mrs. Dorothy Chalmers
and Family.

Card of Thanks

I would like to thank Dr. L. R. Amundsen and the nurses and staff of the C.N.P. hospital for the care given me while a patient in the hospital, also friends who visited me and sent cards or gifts.

Mrs. Ruth Derbyshire,
Blairmore.

Legal Notice

NOTICE TO CREDITORS AND
CLAIMANTS

In the matter of the Estate of FRANK GIRHINY, late of Coleman, Alberta, Retired, who died on the 7th day of September, 1967.

TAKE NOTICE that all persons having claims upon the Estate of the above named must file with the undersigned by the 15th day of April, 1968, a full statement of their claims and of securities held by them.

J. LITTLEWOOD,
Deputy Public Trustee,
Fifth Floor,
Natural Resources Bldg.,
205 - 9th Avenue S. E.,
CALGARY 21, Alberta.

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on April 16th

Classified Ads

Apartments for Rent

2 TWO-ROOMED fully furnished Suites with bath or Shower and utilities included. Phone 562-2264 after 5 p.m.

FOR SALE — 1964 Volkswagen. For further information write to Mr. H. Simpson, Box 189, Pincher Creek, or Phone 627-2247, Pincher Creek.

Coming Events

St. Paul's United Church Women will hold a St. Patrick's Tea in the Club Room on March 12.

Victoria Rebekah Lodge will hold a Mother's Day Tea and Bazaar in the I.O.O.F. Hall on Saturday, May 10th.

St. Paul's United Church Women will hold a Strawberry Tea in the Club Room on June 18th.

St. Paul's United Church Women will hold an Autumn Tea in the Club Room on September 10.

St. Paul's United Church Women will hold a Pie Social in the Club Room on October 29th.

St. Paul's United Church Women will hold their annual Fall Bazaar in the Club Room on Nov. 15.



**Attend
Church**

ST. PAUL'S
United Church

Morning Service—10 a.m.
Sunday School—11.15 a.m.
You are All Welcome.

COLEMAN CHRISTIAN
ASSEMBLY

Family Bible Hour — 11:00 a.m.
Lord's Supper — 12:30 p.m.
Evening Service — 7:00 p.m.
Holding Fast the Faithful Word
— Psalm 1:3.
Holding Forth the Word of Life
— Philippians 2:16.

JEHOVAH'S WITNESSES
Coleman

Meetings at Kingdon Hall
Every Sunday at 10 a.m.
Every Friday at 7 p.m.

LUTHERAN SERVICES
Held in the Anglican Church
7:30 p.m. Each Sunday
Rev. Karl Keller
Phone 627-4278
Pincher Creek.

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Art Dietrich, Mgr. 328-4086

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Reasonable Rates

Personalities IN THE NEWS

Mr. and Mrs. J. Montalbetti attended a birthday party in honor of Mrs. Montalbetti's father, Mr. Henry Fry at Placer Creek. Mr. Fry has reached the grand old age of 99 years. Friends in the Crows Nest Pass will wish him many happy returns of the day with continuous good health.

Mrs. Chas. Bare of Fernie, B.C. visited Mr. and Mrs. J. Bare at Bellevue. She also visited Mrs. M. Godfrey on February 22nd, when she entertained at a family reunion dinner at her home here.

Mr. and Mrs. Ed Ledieu were recent Lethbridge visitors.

Mr. and Mrs. Evan Gushul of Lethbridge visited the former mother Mrs. T. Gushul of Blairmore and Mr. and Mrs. J. Owen of Coleman last week end.

Mr. and Mrs. M. Cornett attended an executive meeting of the Southern Zone Post masters held at Purple Springs last Saturday. They were the house guests of Mr. and Mrs. A. Bateman at Bow Island.

Mr. and Mrs. Henry Zak were Calgary visitors last Monday.

Karl Neddo has enrolled in the University at Missoula, Mont.

Mrs. B. L. Horesji and young son, of Calgary, visited her parents Mr. and Mrs. C. Coover.

Mrs. W. Thomas and two children, of Calgary, visited her parents, Mr. and Mrs. C. Coover.

Mrs. Olive Smith had the misfortune to fall on an icy patch leading to her home and fractured her arm, causing her to be hospitalized. Friends will wish her a speedy recovery.

Minerva Chapter No. 41, O.E.S., will hold a tea and bake sale on April 19th in the Miners' hall.

Mr. and Mrs. S. Murdoch, accompanied by Mrs. M. Pinkney, attended a Sr. Rectal on February 27th at the Edmonton University at which their son Kenneth Murdoch was taking part. They were also accompanied by their two daughters, Mrs. M. Mouser, of Claresholm, and Mrs. A. Jackson of Wetaskiwin.

Mr. and Mrs. Steve Krasny recently received a very interesting letter from Dr. R. P. Borden, a former Coleman resident, now residing at Langley, B. C. He will be fondly remembered by many old-timers in the Crows Nest Pass, and he stated he wished to be remembered to his old friends in Coleman.

Creston Funeral For Former Resident, Ernie Hickey

CRESTON—Funeral service was held here February 22nd, 1969, for Ernie T. Hickey, who died in the Creston Valley Hospital on February 19th. Mr. Hickey was 62.

Born at Cache Bay, Ont., Mr. Hickey was brought to Creston by his family at the age of six months. He received his early education here and, as a young man, worked in local logging camps.

He left the valley for about 11 years to work with Knight's Lumber Company at Crows Nest, Alta. In 1939, Mr. Hickey married Marjorie Tedford in Creston.

Mr. Hickey was a logging truck driver for Creston Sawmills (now Crestbrook Forest Industries Ltd.) for 17 years. His employment was ended by ill health in December of 1967.

He is survived by his wife, Marjorie; one son, Albert T. Hickey, of Edmonton; one daughter, Mrs. D. T. Cosgrove, of Calgary; one brother, Henry Brown, of Lethbridge; four sisters, Mrs. Guy Brownell of Kaslo, Mrs. Babe Hetherington of Claresholm, Alta., Mrs. G. A. Bush of Nelson and Mrs. Edna Evans of Ellensburg, Wash., and four grandchildren.

Funeral service was held from Trinity United Church with Rev. E. V. Beech officiating. Burial was in Forest Lawn cemetery.

Palbearers were Gordon Ross, Crows Nest; Walter Mullins, Coleman; Art Baker, Johny Stace-Smith, John Wolfe and Joy Arrow-smith, all of Creston.

St. Paul's United Church
Women will hold a

**St. Patrick's
TEA**

in the Church Club Room
on

Wed., March 12

from 2 to 4:30 p.m.

TEA 50c

Everybody Welcome

Roxy Theatre

Show Times—Monday to Friday, 1 show, 8.00 p.m.
Saturday at 2 p.m., 7 p.m. and 9 p.m.

COMING ATTRACTIONS

Thursday and Friday, March 6 and 7

"5000 Miles To Earth"

James Donald - Barbara Shelley - Science Fiction
FAMILY

Saturday and Monday, March 8 and 10

"Caper of The Golden Bulls"

Stephen Boyd - Yvette Mimieux - Action Picture
FAMILY

Matinee, Sat., March 8, at 2 p.m.

Tuesday and Wednesday, March 11 and 12

DOUBLE FEATURE - Regular Admission

"Carpetbaggers"

George Perrard - Carol Baker - Action Drama
ADULT

"Navada Smith"

Steve McQueen - Karl Malden - Western

Thursday and Friday, March 13 and 14

The Reluctant Astronaut

Don Knotts - Leslie Neilson - Comedy
FAMILY

Saturday and Monday, March 15 and 17

"Never A Dull Moment"

DISNEY PRODUCTION Family

Matinee, Sat., March 15, at 2 p.m.

Tuesday and Wednesday March 18 and 19

"Don't Make Waves"

Tony Curtis - Claudia Cardinale - Comedy
ADULT Cinemascope

Notice of ANNUAL MEETING

PUBLIC NOTICE is hereby given that a meeting of the Electors of the Town of Coleman will be held in the Central School Auditorium on TUESDAY the 11th day of MARCH, 1969, at 7:00 o'clock p.m., for the purpose of receiving the report of the Mayor, Secretary-Treasurer, Auditor and Chairmen of the various Committees of Council for the year ending December thirty-first, 1968.

Dated at Coleman, Alberta, this 14th day of February, 1969.

CLARENCE F. SCHILE,

Secretary-Treasurer.

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SUGAR, B.C. 10 lbs. \$1.23	BUTTER, 1st grade, lb. 73c	COFFEE, Nabob 2lb. pkg. \$1.59	MILK, Carnation 6 Tins \$1.15
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SCOTT PAPER PRODUCTS	FLOUR, Paper Bags 20 lbs. for \$1.98
TOWELS, Pkg. of 2 - 49c	LIQUID JOY, 32 oz. - 79c
WAX REFILLS, 2 for 63c	GIANT TIDE, - - 95c
FACIAL TISSUES, 3 for \$1.00	KING BOLD - - \$1.69
TOILET TISSUE, 4 rolls 59c	BATH ZEST SOAP, 2 for 49c

PERKY DOG FOOD, 10 tins \$1.15	MAZOLA OIL Quarts - 95c	TULIP Luncheon Meats 12 oz. 2 for 79c
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Hienz Bread and Butter Pickles, 32 oz. 65c

APPLE FRINK, Sun-Rype 48 oz., 3 tins for 89c	HIENZ KETCHUP 15 oz. bottles, 2 for 75c
--	---

CREAM CORN, PEAS, CUT GREEN BEANS, 15 oz., 4 Tins for 83c	PEACHES and PEARS 15 oz. tins, 3 for - 83c
---	--

TOMATOES, 28 oz., 3 tins for - - \$1.00	COURT RED SOCEYE SALMON Halves, per tin - 59c or 2 Tins for - \$1.15
---	--

QUAKER CORN FLAKES 12 oz., 3 pkgs. for 99c	PEANUT BUTTER, McColts 48 oz., to clear, per tin 99c
--	--

EXTRA, To Clear Giant 79c - Large 44c	JAM, Strawberry 48 oz., per tin - \$1.05
---------------------------------------	--

ORANGES, 6 lbs. \$1.00 SUNKIST	CAMPBELL'S SOUPS MUSHROOM - CHICKEN NOODLE and CHICKEN RICE 5 Tins for \$1.00
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BANANAS, 6 lbs. \$1.00	BAR-21 GINGER ALE 12 oz., Carton of 12 \$1.35 PLUS DEPOSIT
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BACON, 1 lb. package 85c	BALOGNA, piece, lb. 45c
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+

RESCUE BREATHING (MOUTH-TO-MOUTH)

THE CANADIAN RED CROSS SOCIETY

1

TURN VICTIM FACE UP. RAISE neck with one hand and TILT head fully back with the other hand.

2

OPEN victim's mouth. PULL lower jaw to full position. PINCH nostrils shut to prevent air leakage. MAINTAIN downward pressure on forehead.

3

PLACE mouth lightly around victim's mouth and BLOW IN. The victim's chest should rise.

4

REMOVE your mouth. RELEASE victim's nostrils. LISTEN for air to come out of victim's lungs. LOOK for the fall of the victim's chest. PINCH NOSTRILS and BLOW IN AGAIN.

REPEAT steps 3 and 4 continuously. IF AIR PASSAGES ARE NOT OPEN: CHECK neck and head positions, CLEAR mouth and throat of foreign substances.

Start immediately. Don't give up. Send someone for a doctor.

For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.

Apply rescue breathing in case of DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.

CUT OUT HERE